Course Number: HLTH 195
Course Title: Mongolia: The Great Wall of China, Traditional Mongolian Medicine and Cultural Immersion
Level: Undergraduate, Graduate or CE student

2 credit FLPA in Ulaanbaatar, Mongolia

Catalog Description
Introduction to the culturally appropriate and sustainable, integrated health system of Traditional Mongolian Medicine in Mongolia (TMM) and Cultural Immersion. June 27 - July 19, 2017 plus travel days.

Course Description

Didactic content includes the history of Mongolia, an introduction examination of historical, environmental, social, and political forces that impact the health of Mongolians. Study includes visits to the Institute of Traditional Mongolian Medicine, Lake Khuvsgul to study the specific health care needs of the Tsaatan, ethnic reindeer herders of the north and to the Altai Mountains of the west to study the health care needs of the Kazakh nomads who hunt with Golden Eagles. Community, family and individual health will be observed in urban and rural settings. By discovering the ideologies, and practices of Mongolian culture and health care in a cross-cultural context, students will gain an appreciation of Mongolia’s unique cultural heritage and develop optimal health care practices for themselves.

The program will include observing & experiencing Traditional Mongolian Medicine assessment of pulse diagnosis, assessments of the tongue, eye beds, urine, lifestyle, diet, and relationships. Treatments include acupuncture, cupping, moxibustion, massage, water therapy & balneo therapy at the Institute in UB and experiencing plant harvesting and medicine preparation at the summer camp sanatorium.

Course Objectives

Upon completion of this course the student will be able to:

• Analyze the complexity of Traditional Mongolian Medicine and integration with western medicine.
• Examine complex interactions among social, medical, environmental, economic and political forces as they affect health care in Mongolia.
• Explore the physical/psychosocial/spiritual impact of health, illness, and health care in Mongolia.
• Identify common health problems and access issues for people living in rural Mongolia.
• Maintain professional, culturally conscious communication with populations, multi-disciplinary professionals and stakeholders.
• Advocate for population health through policy development.
• Increase understanding of these influences in their own lives, as well as others.
Teaching Strategies:

The course will utilize lecture and discussion formats for individual classes, both pre-travel and while in Mongolia. Text, online readings and learning activities will be utilized to enhance the preparatory aspect of the course. Students will experience a TMM assessment and follow their health care plan. Daily instructor led meditation, meridian balancing and yoga.

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<tr>
<th>Due</th>
<th>Assignment</th>
<th>Percent</th>
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<tbody>
<tr>
<td>May - June</td>
<td>Readings and participation in class discussion, in-country</td>
<td>20</td>
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<tr>
<td>June</td>
<td>Traditional Mongolian Medicine student assessment, self-care plan and daily journal, and post-travel reflective paper</td>
<td>40</td>
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<td>July</td>
<td>Analyze the literature on a health topic of your choice for the purpose of proposing next steps in research or program development for the Mongolian community.</td>
<td>40</td>
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Readings and Participation

- The Quintessence Tantras of Tibetan Medicine, Jan 1, 1995 by Barry Clark and Dalai Lama
- Students will be provided electronic versions of other course readings or links thereto. Students may carry readings in electronic format via e-reader of choice or on paper and are expected to be present at all classes and prepared to discuss assigned readings for the day. Each pair of students will be expected to lead discussion of the readings for two classes. Consistent participation in discussion is expected of all students.

Itinerary
Leave US June 25 arriving in Beijing June 26
Stay at Crowne Plaza Beijing International Airport
Wed 27 June Excursion to the Great Wall of China and Forbidden City

Thu 28 June /Day 1 Ulaanbaatar

Upon arrival in Ulaanbaatar (UB), professional English speaking guide warmly welcome the travellers, and check-in to “Modern Mongol” hostel for overnight rest.

Friday 29 June, Monday 2 July, Tuesday 3 July, Wednesday 4 Jul/ Days 2, 5,6,7

Ulaanbaatar city

Pick up students with transportation to the Institute of Traditional Mongolian Medicine with English translator.

The program will include observing & experiencing Traditional Mongolian Medicine assessment of pulse diagnosis, assessments of the tongue, eye beds, urine, lifestyle, diet, and relationships. Treatments include acupuncture, cupping, moxibustion, massage, water therapy & balneo therapy at the Institute in UB.

Afternoon visits with transportation, driver and translator to the Gandan Monastery with the outstanding 24m golden plated statue of Buddha; Megjid Janraiseg. This monastery is the largest and most important monastery of Mongolia with 500 monks. Mongolian National Museum which has many colorful exhibits; historical findings, traditional handicrafts and dressing. Mongolian National Modern Art Gallery, Central Museum of Mongolian Dinosaurs, Museum of Mongolian Traditional Medicine, Buddha Park, Zaisan hill memorial and Centre of Shaman Eternal Heavenly Sophistication home of resident shaman Zorigtbaatar, Golden Mutra health center and a folk concert (throat singer, contortionist, long and short songs, dances).

Friday, Monday, Tuesday, Wednesday overnight stays are in a hostel. (B-5, L-5, D-5)

Sat 1 July/ Day 3 Terelj National Park

After breakfast, transfer to “Tsonjin Boldog” (54 km), where the world’s biggest equestrian statue - Chinggis Khan Statue complex is located. Then transfer to Terelj National Park. Lunch is in a ger camp restaurant. Visit giant “Turtle rock” and other unique rock formations which are highlights of the area. Visit a local nomad family to learn about their lifestyle and participate in their daily chores when possible. Horse riding for about an hour and hike to the crystal cave. Transfer to the Tuul Riverside Ger or Ger near river (B, L, D)

Sun 2 July/ Day 4 Terelj National Park-Ulaanbaatar city

Horse riding by Tuul River. Swimming

Hiking to Aryabal meditation temple will take about an hour’s excursion.

Return to Ulaanbaatar to hostel.

Thur 5 July/Day 8 Leave for Lake Khuvsgul, Deer Stones in Murun
Have breakfast at the hostel and take domestic flight to Murun, capital of Khuvsgul province. This flight allows you to bend distance of 680 km in just above hour and a half. Upon arrival, tour couch will pick you up from local airport and start to Khuvsgul Lakeshore.

On your way, stop by the ancient Deer Stones of “Uushgiin Uvur”. Lunch and dinner are in a ger camp by lakeshore. Upon arrival, we will meet with a local doctor to learn about the unique health care needs of the reindeer people. (B, L, D)

**Fri July 6/ Day 9 Tsaatan Festival day 1**

Today enjoy mini-Naadam as part of the Tsaatan (reindeer) festival and learn more about Reindeer herder people’s culture and participate in festival small competitions to be a winner.

In the evening observe shamanistic rituals and a bonfire fest. Detailed festival schedule is provided when available. Dinner and overnight are in a ger camp by lakeshore. (B, L, D)

**Sat 7 Jul/ Day 10 Tsaatan festival day 2**

Have breakfast at the camp and enjoy the next day of festival which exhibits a folk concert, reindeer polo game, horse racing competition, and closing ceremony that awards festival winners. Lunch, dinner, and overnight are in a ger camp. (B, L, D)

**Sun 8 July/ Day 11 Wishing Rock Island with plant identification.**

After breakfast, have short boat trip to a nearby “wish granting rock” to make wishes, and see Mongolian **ovoo** – pile of stones forming a worshipping spot based on religious beliefs.

Baggi in Khuvsgul for plant identification and medicine uses walk.

Box lunch on island.

Dinner and overnight in a ger camp.

**Monday 9 July / Day 12** Instructor led Medicine Wheel in morning, free for hiking or kayaking in the afternoon. (B, L, D)

**Tues 10 July/ Day 13 Leave for Ulaanbaatar - Pageant in Chinggis Khan Square in afternoon. /Optional lunch and dinner/**
Wed 11 July 11 Day 14 Naadam

Festival and Horse Race

Have breakfast at the hostel and transfer to Central Stadium of Ulaanbaatar to attend the opening ceremony of Naadam Festival. Along with Mongolian cultural performances, enjoy two competitions of the three manly sports: wrestling and archery. Observe individual, family and community health. Lunch and dinner in a city restaurant, and overnight stay is in a hotel. (B, L, D)

Thu 12 July / Day 15. Horse racing in Hui Doloon Khudag (40 km)

Instructors led yoga & morning meditation. After breakfast, transfer to Hui Doloon Khudag – 20 km west of the Ulaanbaatar which is an open-space field where one of the three manly sports of Naadam: horse races are held. In nomadic culture, horses are essential in everyday life and herders train special ones from their herd form long races. Observe individual, family and community health. Lunch is nearby the horse race field temporary restaurants. Dinner and overnight stay is in a ger camp. (B, L, D)

Friday 13 July / Day 16. Bayan-Olgii province - Khoton Lake

Fly to Bayan-Ulgii, westernmost province of Mongolia and remote home of Kazakh nomads who hunt with trained Golden Eagles. We will meet with a local doctor to learn about the health care needs of the Kazakh nomads. After lunch, we will drive to Khoton Lake (100 miles) near the “Altai Tavan Bogd” national park. On the way, we will see the ancient Deer Stones and Balbal Stones, 6th to 8th century age of Turkic burial markers. Overnight stay nearby Kazakh nomad family in the tent. (B, L, D)

Sat 14 July / Day 17. Early morning after breakfast, short hiking to “Ikh Durgen” waterfall. It’s about 4.9 miles away from our camping spot. We will spend the day with our Kazakh family. We’ll get up at same time with the family and experience the morning ritual, or even help, in milking cows, goats and sheep, there will be plenty to see and do, such as riding with Kazakh herdsmen, watching how they take care of their animals, helping with processing of the dairy products and sample home-made yak cheese and yogurt. Also, we will assist in women of the household with cooking the traditional food. This way to explore the real way of how a nomadic family lives, and to personally experience their friendliness and hospitality. Before dinner, also see how Kazakh embroidery is made. We will take a few hours of embroidery lesson Kazakh women are celebrated for their colourful needlework used to decorate the interiors of their gers. We will also learn to make felt. Overnight stay nearby Kazakh family. (B, L, D)

Sun 15 July / Day 18

After breakfast, transfer to “Altai Tavan Bogd” national park (approximately 100 miles) to see beautiful mountains. White River Valley - visit Tuvan people, who are a separate ethnic and cultural group within Mongolia, live a nomadic life, and practice Shamanism. Overnight stay nearby Tuvan family in the tent. (B, L, D)
Mon 16 July/ Day 19

After breakfast, transfer to Ulgii town (143 miles). On the way, visit with eagle hunting families, hearing about their methods for training eagles, sewing the special garments of hunter and bird, and about their way of life. We will meet the remarkable eagle hunters and their birds, to learn about their techniques of capturing and training an eagle. We will join the hunters on horseback. Arrive to a ger camp by dinner. Overnight stay in a ger camp. (B, L, D)

Tues 17 July/ Day 20

In the morning, rise early and transfer to airport for domestic flight bound to Ulaanbaatar. Arrive in Ulaanbaatar after about hour and a half. Then transfer to your hostel and proceed to check-in. Today, visits to State Department Store and Cashmere outlet stores are available. Have free evening. Lunch and dinner are in a city restaurant and overnight stay is in a hostel. (B, L, D)

Wed 18 July/ Day 21 Leave to USA